

ABSTRACT

In order to provide rehabilitation, physiotherapy and maintain suppleness, an exerciser is provided in which a skid with a slide or movement surface is provided on one side and a grip on the other in order that a user can perform controlled oscillatory motions by resting a limb upon the grip. In such circumstances, for example, bed ridden patients recovering from hip or other joint replacement surgery can initially conveniently perform oscillatory motions, the extent of which can be progressively controlled to improve mobility. The exerciser can also be used for recuperative muscle development and maintenance of suppleness with regard to limb and joint movements.